

# FOUNDERS NEIGHBORS

## Springing Into a More Beautiful Landscape

Spring is a big season for planting new trees, shrubs, and other landscape plants. IN almost all of us, there’s an urge to plant as the days get warmer and longer in the spring. It’s tempting to just add a few trees or shrubs in spots you think they would look nice. Remember, a landscapes real success is determined by how well it firs your property while meeting your long-term personal and financial goals.

The very best way to handle landscape planting is to start with an overall plan. Having a good plan doesn’t mean you have to install the whole landscape at one time. You can spread the work out over several years, but each addition should fit neatly into the overall scheme. Below are several items an effective landscape design should take into account:

- Mature size of plants: you should always allow for the growth of the tree or shrub so that windows, walks, and drives are not blocked as the landscape matures.
- Privacy for you in your yard: screening of neighboring properties can be done with plant selection and location.
- Shade and temperature control: selection and placement of trees and shrubs will have a big impact on utility cost and enjoyment of your property over the years.
- Maintenance costs: there are both high and low maintenance landscapes. Your use of the property and commitment to on-going care should be considered.

Your landscape has a big impact on the long-term value and day-to-day enjoyment of your home. It’s worth the small amount of time required to plan into the future when you decide it’s time to add trees, shrubs or planting beds.

## I Should Eat More What?

There are good fats and bad fats in food. Good fats in moderation have actually been shown to help individuals lose weight! So how do you tell a healthy fat from an unhealthy one? Think of it like this - good fat flows like oil and bad fat just sits there in a clump like the fat of a piece of bacon, or the marbled fat part of a steak. Fats behave similarly in your body: good fats flow like oil through your arteries, bad fats stick like sludge to your arteries clogging them up.

What makes a fat healthy or unhealthy is its chemical structure. Unsaturated fat molecules are curved with negative charges that repel each other so they don’t stick together. Because they don’t stick together, they flow. The molecules of a saturated fat are flat. They pile up and stick to each other causing artery clogging clumps. Flowing oils like olive, fish and flax contribute many health benefits to the body. Healthy fats provide satiety, that satisfied feeling of fullness, longer than carbohydrates alone can provide. A baked potato with a little olive oil drizzled on top will keep you full longer than a dry potato. The potato with a little oil contains more calories, but if you eat a dry potato you are likely to eat again sooner packing on even more calories as you seek to satisfy your hunger. Enjoy a little bit of healthy fat with your potato and see if it helps you to stay full for longer.

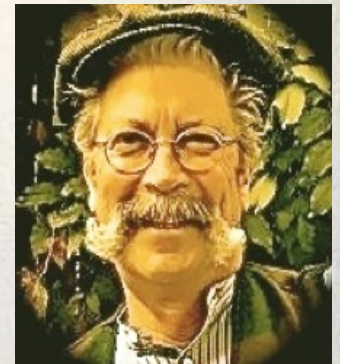
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## Rock Ridge Elementary Ice Cream Social

All students, parents and community members are invited!

- Tuesday April 12th
- 5:30 - 7:00 p.m.
- Rock Ridge Cafeteria
- With a special “Thank You” performance by Denis Gessing, “The Ol’ Storyteller” at 6:00!



# Founders Village Master Association

Board of Directors

District 1: Nate Ormond

District 2: Cindy Garner

District 3: Scott Mace

District 4: Chris Thompson

District 5: Andrea Bollman

District 6: Kenneth Lee

District 7: Phia Gannett

Community Website:

[www.foundersneighbors.com](http://www.foundersneighbors.com)

\*To locate your District Representative  
please go to our website.

## Member Notification Information

### Community Legal Name:

Founders Village Master Association, Inc.

**Date Declaration Recorded:** August 12, 1985

**Fiscal Year:** January - December

**Assessment:** \$103.50 (billed quarterly)

**Assessment Includes:** Community Center, Pool,  
Social Activities, Covenant Enforcement, Trash  
Disposal, Newsletter

### Community Representative:

Mark L. Eames, PCAM

(PCMS Management Company)

7000 S. Yosemite Street, Suite 150

Englewood, CO 80112

303-224-0004 Office

303-224-0002 Fax

[corpoffice@pcms.net](mailto:corpoffice@pcms.net)

**Documents:** The Master Declaration Of Covenants  
and Residential Improvement Guidelines can be  
viewed at the Founders Village website at  
[www.foundersneighbors.com](http://www.foundersneighbors.com). See forms located in  
the columns on the left.

## Founders Neighbors Teen Services

**Key: B= babysitting (\* = Red Cross Certified) P= petsitting  
H= housesitting L= lawn mowing, chores**

Aimee Alumbaugh	303-663-8421	B*,H
Brooke Alumbaugh	303-663-8421	B*
Maddison Amiot	720-733-1654	B*
Victoria Amiot	720-733-1654	B*
Jenny Berson	303-814-1535	P
Petra Dobat	719-648-8635	B,P
Amber Dorr	720-733-8324	B*,H,P,C
Kaitlyn Goligoski	303-814-3188	B*,P
Ostyn Goligoski	303-814-3188	B*, P,C
Alex Heintzelman	303-814-2002	L,P
Casey Helget	303-483-5299	P,C,L
Luke Helget	303-483-5299	P,C,L
Cade Hintze	303-663-5960	P,H,L,C
Ashley King	303-660-0681	P,H,C
Brandon King	303-660-0681	P,H,L
Alyssa Lang	720-733-8691	B*
Sara Matz	720-733-1125	B*,P,H
Kayla McNeil	303-660-8204	B,H,P
Traci Mittleider	303-814-7705	B*
Daniel Rudolph	303-882-8473	P,H,L
Cody Staroscik	303-814-0021	P,H,L
Peyton Staroscik	303-814-0021	B*,P
Jonathan Wade	303-660-5423	B*,P
Christianna Wahl	303-306-8117	B,P
Christina Weed	303-660-9535	B,P,H

To add your name to Teen Services please contact  
[inquiries@pcms.net](mailto:inquiries@pcms.net)

Give your name, street, telephone and the services you provide.



191 University Blvd. Ste #532 • Denver, CO 80206  
303-653-7412

**To place a display ad:**  
(business card or larger)

Please contact Kerri Watts at  
[kerri@porchlink.com](mailto:kerri@porchlink.com)  
for rates and information.

**For articles and content:**  
[inquires@pcms.net](mailto:inquires@pcms.net)

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**Reasonable Rates!**  
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MMG Residential Cleaning  
Marina Reyes  
720-253-8373



# Community Report

## WHAT HAPPENED AT . . .

*The following is a brief description of the highlights of the meeting that was held recently. Look for this column in future publications for an update on what our Board and Committees are working on.*

## FOUNDERS VILLAGE MASTER ASSOCIATION BOARD OF DIRECTORS MEETING MINUTES FEBRUARY 17, 2010

**CALL TO ORDER/ROLL CALL:** The Board of Directors for the Founders Village Master Association, Inc., met at the Ridge House on February 17, 2011. The meeting was called to order at 5:07 p.m. by Director Bollman. Directors present were Bollman, Gannett, Ormond, Lee, Garner and Thompson. Also, in attendance were various members of the public and James Fletcher representing PCMS.

### OFFICER AND COMMITTEE REPORTS

**NOMINATION AND ELECTION OF OFFICERS:** Upon review, a motion was made, seconded and with no public comment, unanimously passed to nominate and elect the following Board members as Officers for 2011 by acclamation; Andrea Bollman, President; Phia Gannett, Vice President; Nate Ormond, Treasurer and Ken Lee, Secretary.

**RECORD OF PROCEEDINGS:** The first item of business was the review and adoption of the record of proceedings for the Board of Directors meeting minutes for October 21, 2010. Upon final review, motion was made, seconded and with no public comment unanimously passed to approve the Board of Directors minutes for October 21, 2010 as amended.

**FINANCIAL REVIEW:** The unaudited financial and delinquency reports through December 31, 2010 were presented and reviewed by James Fletcher. Upon final discussion, motion was made and seconded and with no public comment, unanimously passed to accept the financials and file for audit the financial and delinquency reports for the months ending through December 31, 2010.

**METROPOLITAN DISTRICT LIAISON:** Ms. Donna Pratt was in attendance for the District and informed the Board that Phase 5 fencing will commence in the Spring and that the entire project will be completed in 2011. The District has also contracted to have all of the trees in the community sprayed for bugs and disease this Spring. The last update was regarding the round-a-bouts on Ridge Road and those will be landscaped by the end of March.

### COMMITTEE REPORTS

**AdHOC Covenant Review Committee:** Mr. Fletcher updated the Board that PCMS has only received around one hundred proxies for approval of the proposed document amendment. After a lengthy discussion a motion was made, seconded, and with no public comment unanimously passed to start a large scale campaign to get ballots, this includes; Voice shot, post-cards, sign twirlers and Facebook advertisement.

### Events Committee:

Amy Quayle with the YMCA updated the Board with the 2011 events and they are as follows;

Pool Opening	May 28
Easter Egg Hunt	April 23
Summer Picnic	July 23
Fall Harvest	To be announced
Stories with Santa	Dec.3
Adult Holiday Party	Dec. 10

**UNFINISHED BUSINESS:** There was one item of unfinished business and it was regarding the pedestrian walkway in District 3. The Board requested that this matter be tabled until the March 2011 meeting.

**NEW BUSINESS:** The Board was provided with the resignation of John Mullans for District 2. After review a motion was made, seconded, and with no public comment unanimously passed to accept the resignation of Director Mullans and appoint Mr. Scott Mace to fill the unexpired term of the vacated District 2 seat.

In their monthly informational packet the Board was provided with an email from an owner who is requesting an extension on the painting of his home. After review, a motion was made, seconded, and with no public comment unanimously passed to approve a six month extension to the owner for the painting of his home. If the home is not painted in the time frame provided the Association will start to levy fines on August 1, 2011.

Amy Quayle was in attendance for the YMCA, the Board requested that Ms. Quayle look into Net Streams for the Ridge House. The Board also directed Ms. Quayle to purchase two lap lane reels with covers for the 2011 pool season.

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Exterior  
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# Spring is Finally Here! Things to Do in Your Garden in April

Here's a quick and handy list of things to do for your lawn and garden in April:

## Lawns

- One of the most important tasks to do in April is to have your lawn core aerated. Many companies offer this service for around \$25-\$35. Plugs should be 2"-3" deep and at least 2" apart. Leaving the plugs to disintegrate on the lawn will help to improve the soil and reduce thatch.
- If you have cool-season grass (like Kentucky bluegrass) and you didn't fertilize in the fall, apply a light fertilizer around Easter. Follow label directions and water after fertilizing. Pre-emergent weed control can also be used, if warranted.
- If you haven't done so already, lightly rake your lawn to help the blades dry and to remove any dead turf. Remember - you can compost any lawn debris as long as it's not treated with herbicides or pesticides.

## Bulbs

- After they bloom, lightly fertilize plants with a water-based fertilizer, like Miracle Gro, or an organic fertilizer like fish emulsion. This helps the plant get ready to store energy for next year.
- Never cut off the leaves! They are the food source that builds energy for the next year's blooms. Planting perennials around bulbs will help to camouflage the drying stalks.
- Around mid-April is the perfect time to plant tender summer-blooming bulbs such as: lilies, cannas, begonias, gladiolus, and caladiums. Soil temperature should be around 55° or higher.

## Shrubs, Trees, and Perennials

- Scratch in a slow release, all-purpose (10-10-10) fertilizer around the base of shrubs and perennials to help stimulate growth. Be sure to water after fertilizing.
- Prune out any dead, diseased, or crossed limbs on shrubs and trees. Prune lightly to shape or control growth. Cut and remove suckers around the base of trees. Be sure to disinfect tools with a 10% bleach solution after each cut to prevent transfer of disease.
- Clean up any debris around your garden plants and shrubs to prevent future disease and insect damage. It's almost aphid time – email me for a homemade insecticidal soap spray that will help control those pesky pests for spring and summer.

For more info, contact Julie Pfankuch, a Master Gardener and owner of "The Garden Helper" at 303-840-2580 or email her at [MyGardenHelper@aol.com](mailto:MyGardenHelper@aol.com). Watch the Parker Rec Center bulletin for a listing of her spring gardening classes at [www.ParkerRec.com](http://www.ParkerRec.com).



## Welcome New Homeowners!

**Matthew F. Jones**  
4967 E. Barrington Ave.

**Sheena & Justin Wilder**  
276 Lockwood St.

**Anthony & Jill Dixon**  
1256 N. Calhan Ave.

**Preston & Ashley Talbert**  
383 High Plains St.

**Adam & Sarah McGonegal**  
157 S. Lindsey St.

**Elizabeth M. Bierlry**  
5281 Aspen Ave.



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[greg@gregthepainter.com](mailto:greg@gregthepainter.com)

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# Founders Village Master Association

Official Website: <http://FoundersNeighbors.com>

Check us out!! Search "Founders Village"



<http://Twitter.com/FoundersVillage>

<http://www.Facebook.com/FoundersVillage>



## Volunteers Needed

Architectural Committee

Social Committee

Communications/Website Committee

Please contact James Fletcher at 303-224-0004 ext. 102 for details.

If you have not sent in your proxies for the By-Law and Declaration amendments, please do so.

If you have not received a copy of the proxy or need a copy of the amendments, please contact James Fletcher with PCMS at 303-224-0004 ext. 102.



## Neighborhood Vendors

The Founders Village Master Homeowner Association would like to invite anyone in the Founders Village/Castle Rock area with a skill or service to add their listing for FREE on the website's Vendor Page. Contact James Fletcher, 303-224-0004 x105.

## Join our E-News Alert!

Interested in getting community announcements fast? Sign up for our E-News Alerts! Simply send an email to [corpoffice@pcms.net](mailto:corpoffice@pcms.net) and request to be added to the Founders e-mail distribution list. You will ONLY receive announcements effecting Founders Village and our official monthly newsletter. Your email address is NEVER shared.

## Get Your Home Ready For Spring

When spring arrives it's easy to focus only on the garden and forget to do the some maintenance on the house. Here are a few helpful hints:

Start on the exterior of the house. Use binoculars and scan the roof for any missing or damaged shingles, paying special attention around chimneys and vents.

Inspect gutters and downspouts to see that they haven't pulled loose and that they aren't clogged. Make sure downspouts are extended away from the foundation.

Check the paint and caulking around your house. Be sure all of the caulking is intact to stop leaks around windows and doors. Inspect the siding and scan all brickwork for cracks. Check that there are no bushes or plantings within a foot of the air conditioning unit, and make sure there aren't any animal nests inside the unit.

Check the dirt grading around foundation. The dirt should slope away from the foundation at least 6 inches in the first 10 feet. Proper grading always sheds water away from the foundation of the house to prevent damage from moisture.

Check your deck for rotting materials, mold and make sure all nuts and bolts are tightened. If the deck shakes or sways, extra bracing should be added. Decks should be cleaned and sealed every two to three years.

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- porches • primed siding
- removable plexiglass windows
- treated wood subfloor
- low maintenance
- 30 year architectural shingles
- will comply with your HOA

### Additional Options:

- decks
- single color
- paint
- flower boxes
- working windows w/ screens
- local delivery
- onsite assembly if necessary

• Sheds, Chicken Coops and Larger Clubhouse models now available!

Hand built by McQueen Builders Ltd. in Parker, CO

For more information contact Rod

Phone: 303-902-6750 • Email: [mcqueen56@live.com](mailto:mcqueen56@live.com)

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# Founders

## April

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
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## May

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29	30	31				

## June

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## July

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31						

## August

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## September

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30	31					

## November

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## December

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18	19	20	21	22	23	24
25	26	27	28	29	30	31

RECYCLING WEEKS ARE HIGHLIGHTED IN YELLOW IF YOU'RE PICKUP DAY FALLS ON OR AFTER THE HOLIDAY YOUR PICKUP WILL BE DELAYED FOR ONE DAY FOR THAT WEEK. IF THE HOLIDAY FALLS ON SATURDAY, YOUR SERVICES WILL NOT BE DELAYED. PLEASE BE SURE TO HAVE YOUR RECYCLING CONTAINERS AT THE CURB BY 7:00AM. HAULAWAY OBSERVES THE FOLLOWING HOLIDAYS: (HIGHLIGHTED IN GREEN) NEW YEAR'S, MEMORIAL DAY, FOURTH OF JULY, LABOR DAY, THANKSGIVING DAY, AND CHRISTMAS DAY. PLEASE CALL OUR CUSTOMER SERVICE CENTER AT 303-683-8887 FOR ANY QUESTIONS OR ISSUES

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**720-621-1155**

## Founders Neighbors Classifieds

**ADVERTISE FOR LESS:** It's EASY email your classified ad to [kerri@porchlink.com](mailto:kerri@porchlink.com) \$25 for 25 words. Deadline is the 20th of the preceding month.

**BRECKENRIDGE HOUSE FOR RENT:** Newly remodeled 3 bd/2 bth home on Peak 7. Quiet and cozy! Rent weekly or by the night. Make your reservation today! [breckenridgemhouse@yahoo.com](mailto:breckenridgemhouse@yahoo.com).

# Ridge House Activities

## PREREGISTRATION:

Preregistration is required for all programs unless it is a drop-in program. You must preregister by the Wednesday prior to scheduled class to ensure that the class will be running that time and day.

## PILATES:

Preregistration is required. Min. of 6 participants. The class helps improve posture while increasing strength and flexibility. Breathing techniques, balance and relaxation are emphasized.

Class Dates: Thursdays  
 Class Time: 9:30-10:30 am  
 Class Fee: \$20 FVHOA Members – 4 WEEKS  
 \$30 FVHOA Guests

FREE CHILD CARE AVAILABLE DURING CLASS

## ZUMBA! NEW CLASS

Preregistration is required. Min. of 6 participants. Zumba is a Latin inspired, dance fitness class that incorporates Latin & International music and dance movements. It combines fast & slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve a unique blend of cardio & muscle toning.

Class Dates: Tuesdays  
 Class Time: 9:30 -10:30 am  
 Class Fee: \$20 Residents; \$30 Guests; 4 weeks

CLASS OPPORTUNITY – ALL FOUNDERS RESIDENTS ARE WELCOME TO GO TO CRYSTAL VALLEY RANCH FOR ZUMBA ON THURSDAY EVENINGS AND PAY RESIDENT RATES. THURSDAYS AT 6:30PM.

## YOGA:

Preregistration is required. Min. of 6 participants.

Class Dates: Wednesdays  
 Class Time: 9:30 -10:30 am  
 Class Fee: \$20 Residents; \$30 Guests; 4 weeks

FREE CHILD WATCH DURING CLASS TIME. NEW CLASS OPPORTUNITY – ALL FOUNDERS RESIDENTS ARE WELCOME TO GO TO CRYSTAL VALLEY RANCH FOR YOGA ON TUESDAY MORNINGS FROM 9:15-10:15 OR WEDNESDAY EVENINGS AT 6:30 P.M. AND PAY RESIDENT RATES.

## KIDS CLUB:

Ages 2 & potty trained–10 yrs: Kids club is a fun & safe place to drop your child off while you take some time to run errands, shop, work, or just relax. We will engage your children in variety of ways with exciting crafts, a walk to the park, games, stories, snack & free play. You need to bring a sack lunch for your child to eat.

Class Dates: Mondays  
 Class Time: 9:30 am-10:30 am; Amazing Kids 10:30 am - 12:30 pm (3 hours total time)  
 Class Fee: \$15/child  
 \*\*Minimum of four children for program to run.

## MONTHLY EVENTS:

Preregister by calling the Wednesday prior at The Ridge House 720-733-2778. Leave a message and someone will get back to you during our open hours.

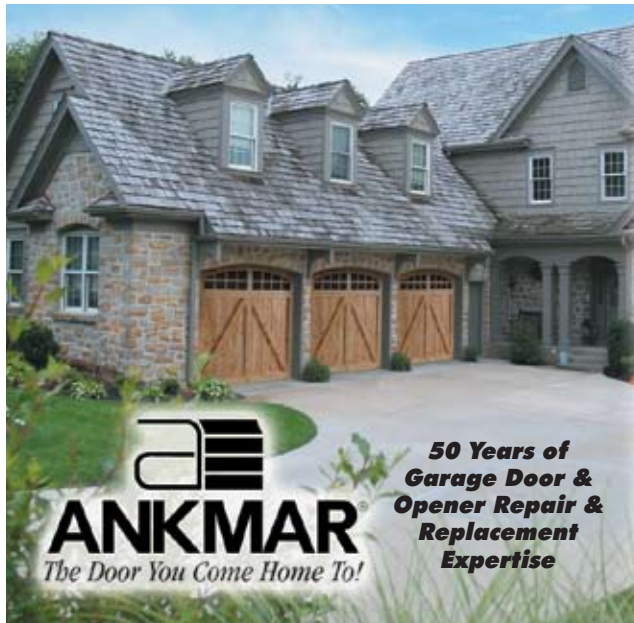
### SATURDAY APRIL 23RD STARTING AT 9:00 AM: HIPPIY-HOP EASTER EGG HUNT!

The YMCA is accepting applications for summertime employment. Please call 720-810-7325 for more information.

**ACC Meeting (Wed) 5:30pm – APRIL 13TH & APRIL 27TH.** All submittals must be in the Saturday prior to the meeting at noon. There is a drop box located outside of the Ridge House for your convenience and is checked each day we are open. Please call if you have any questions.

**Kids Night Out (April 29th Fri)** Come and drop your children off with us while you take an evening out for yourself. 5:30-9:00pm \$15/1st child resident, \$17/non resident \$10/ each additional child – Dinner included. Must pre-register by the Wednesday prior. Minimum of 6 participants for program to run.

**CRAFT DAY! (April 17th Sun)** Open to all residents and guests \$5.00 bring a snack to share. 12pm-8pm. Bring your scrapbooks, stamping, any craft project you are interested in working on and join in the fun and fellowship! - Location: Crystal Valley Ranch Rec. Room. Please call to RSVP 720-733-2778



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# APRIL 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	<p>Open 9:30-12</p> <p>Kids Club 9:30-12:30 Preregistration req'd</p>	<p><b>ZUMBA 9:30-10:30</b> Child watch</p> <p>YOGA at CVR 9:15AM Child Watch</p>	<p>Open 4pm-8pm</p> <p>YOGA at CVR 6:30 PM Child Watch</p>	<p><b>PILATES 9:30-10:30</b> Child watch</p> <p><b>ZUMBA AT CVR 6:30</b> Child Watch</p>	8	9 Open 9am-1pm
10	<p>Open 9:30-12</p> <p>Kids Club 9:30-12:30 Preregistration req'd</p>	<p><b>ZUMBA 9:30-10:30</b> Child watch</p> <p>YOGA at CVR 9:15AM Child Watch</p>	<p>Open 4pm-8pm</p> <p>YOGA at CVR 6:30 PM Child Watch</p> <p><b>ACC MEETING 5:30</b></p>	<p><b>PILATES 9:30-10:30</b> Child watch</p> <p><b>ZUMBA AT CVR 6:30</b> Child Watch</p>	15	16 Open 9am-1pm
17	<p><b>CRAFT DAY</b> 12PM-8PM @Crystal Valley Ranch \$5.00</p> <p>Open 9:30-12</p> <p>Kids Club 9:30-12:30 Preregistration req'd</p>	<p><b>ZUMBA 9:30-10:30</b> Child watch</p> <p>YOGA at CVR 9:15AM Child Watch</p>	<p>Open 4pm-8pm</p> <p>YOGA at CVR 6:30 PM Child Watch</p>	<p><b>PILATES 9:30-10:30</b> Child watch</p> <p><b>ZUMBA AT CVR 6:30</b> Child Watch</p> <p><b>HOA MEETING</b> <b>5:30PM</b></p>	22	23 <b>HIPPITY HOP</b> <b>EGG HUNT 9AM</b>
24	<p>Open 9:30-12</p> <p>Kids Club 9:30-12:30 Preregistration req'd</p>	<p><b>ZUMBA 9:30-10:30</b> Child watch</p> <p>YOGA at CVR 9:1</p>	<p>Open 4pm-8pm</p> <p>YOGA at CVR 6:30 PM Child Watch</p> <p><b>ACC MEETING 5:30</b></p>	<p><b>PILATES 9:30-10:30</b> Child watch</p> <p><b>ZUMBA AT CVR 6:30</b> Child Watch</p>	29	30 Open 9am-1pm
					<p><b>Kid's Night Out</b> 5:30-9:30 Pre-reg. req'd</p>	